

Six weeks of Pilates improved functional mobility, postural balance and spatiotemporal parameters of gait to decrease the risk of falls in healthy older adults

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Journal of bodywork and movement therapies

2022; 29:1-9

ARTICLE IDENTIFIERS

DOI: 10.1016/j.jbmt.2021.06.014

PMID: 35248255

PMCID: not available

JOURNAL IDENTIFIERS

LCCN: not available

pISSN: 1360-8592

eISSN: 1532-9283

OCLC ID: not available

CONS ID: not available

US National Library of Medicine ID: not available

This article was identified from a query of the SafetyLit database.